

Do you have difficulty communicating and understanding each other?

Are you stuck, arguing in circles about the same issues?

Or are you in a good relationship and would like to make it even better?

THEN THIS CLASS IS FOR YOU!

“This class breathed new life into our relationship!”

The 7 Principles Program for Couples

Consider this class if you...

- **Are beginning a relationship you want to last**
- **Seek to enhance your relationship with your spouse or partner**
- **Have experienced conflict and want to learn tools to resolve it**
- **Want to improve the intimacy and friendship in your relationship**
- **Have considered seeing a marriage or relationship counselor**

About Drs. Bird

Charles (Chuck) C. Bird, Ph.D., IMH, RN is a Registered Mental Health Counselor Intern (#IMH 9531), Registered Nurse, and Board Certified Clinical Sexologist providing counseling and coaching services for adults in the Tampa Bay area. Dr. Bird received his Doctorate from The American Academy of Clinical Sexologists, two Masters degrees (Nova Southeastern University – Mental Health Counseling and Maimonides University – Pastoral Counseling), Registered Nurse degree from St. Pete College and his Bachelors degree in Psychology from the University of Central Florida. His coach training is from The Institute for Life Coach Training. Dr. Bird is a Diplomate of the American Board of Sexology and a member of the American Association of Sexuality Educators, Counselors and Therapists (AASECT).

Jo-Ann H. Bird, Ph.D., LMHC, CCBT is a Licensed Mental Health Counselor, Certified Cognitive-Behavioral Therapist, Board Certified Clinical Sexologist, Hypnotherapist, and National Certified Counselor providing counseling and coaching services for adults in the Tampa Bay area. She received her Doctorate from The American Academy of Clinical Sexologists at Maimonides University, Masters Degree in Mental Health Counseling from Nova Southeastern University and a Bachelors degree in Psychology from the University of South Florida. Dr. Bird's coach training is from The Institute for Life Coach Training. She is a Diplomate and Supervisor of the American Board of Sexology and a Qualified Supervisor with the State of Florida. Dr. Bird also serves as an Adjunct Professor of Psychology at Hillsborough Community College.

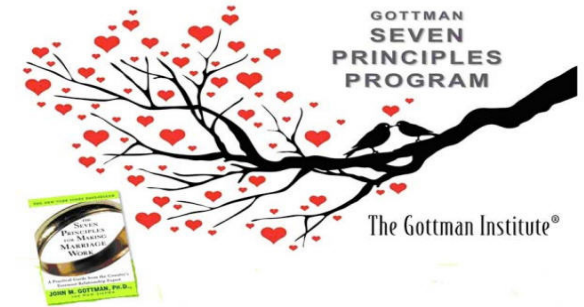
Chuck and Jo-Ann are happily married and live in Tampa with their two Chihuahua's, Maya and Zoe.

813-769-9039

www.ChuckandJoAnnBird.com

The 7 Principles Program

A One Day Class for Couples



Presented by

Drs. Chuck & Jo-Ann Bird

Relationship Counselors & Board Certified Clinical Sexologists



813-769-9039

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“This was the most helpful class we’ve ever attended. We feel we can really use the tools we learned here!”

The 7 Principles Program is based upon the best selling book, **The Seven Principles for Making Marriage Work**, by John Gottman, PhD.

Straightforward in its approach yet profound in its effect, the Seven Principles teach partners new and startling strategies for making their marriage work. For over 30 years, Dr. Gottman scientifically analyzed the habits of married couples and established a method of correcting the behaviors that puts thousands of marriages on the rocks.

The 7 Principles Program designed for ALL couples in a committed relationship. This program will give you new insights and research-based relationship skills that can dramatically improve the intimacy and friendship in your relationship and help you resolve conflict in a healthy, productive way!

What to Expect:

This class combines teaching and demonstrations with one-on-one work sessions where you and your partner focus on your relationship with each other. Confidentiality is strictly maintained. Except for a brief introduction, you will not share anything with the larger class unless you so choose.

What You’ll Learn:

The 7 Principles Program will give you new insights and research-based relationship skills that can dramatically improve the intimacy and friendship in your relationship and help you resolve conflict in a healthy, productive way.

You will learn how to:

- Foster respect, affection, and closeness
- Build and share a deeper connection with each other’s inner world
- Keep conflict discussions calm
- Break through and resolve conflict gridlock
- Strengthen and maintain the gains in your relationship

Research shows that on average, couples wait six years from the first signs of problems before they seek help.

That’s like waiting six years with cancer before seeking medical care. Please don’t wait until your relationship is terminal.

**Problems don’t just go away...
take action now!**

Is This Class Right For You? Find Out Now!

Chuck and Jo-Ann offer the 7 Principles Program classes many times throughout the year at various locations in the Tampa Bay area. Classes are held on Fridays and Saturdays. Visit their website: www.ChuckandJoAnnBird.com or call 813-769-9039 for class fees, details and specific dates.

Please reserve your spot today! Call 813-769-9039 or visit www.ChuckandJoAnnBird.com.



Drs. Chuck and Jo-Ann Bird are seasoned Relationship Counselors and work together with couples as a married therapeutic team. They are authorized Gottman Seven Principles Program Educators.